

2. Think of the Foolishness

Jesus said we *cannot add one inch to our height*. Worry never solved a problem, it adds another problem. It is like pouring gasoline on a fire to put it out or trying to go to Atlanta in a rocking chair. Worse, it keeps us from working on solutions.

3. Think of the Cost

Remember all the chemicals flooding into your bloodstream and ask yourself, is this problem worth my health? My first signal Stop worrying do something His heartburn. I may need a pill temporarily but what I need is most is "Jesus Peace".

4. Think of Your Relationships

Think about what you do to your family and friends. One of the most beautiful scenes in the Bible is when Jesus visit the of Mary, Martha and Lazarus and we are He went there often. But something ugly happened Mary sitting at in front of Jesus listening to him And Mary was cooking supper, and got upset. She jumped all over Mary for not helping her and Jesus said, "Martha, Martha, you are anxious (*all torn up*) over a whole lot of things. Mary has chosen to do the best thing." (Lk. 10:41,42) As the song says, "When mama ain't happy; ain't nobody happy."

5. Think of the Odds

"Do not worry about tomorrow; today's troubles are enough for today." – Matt. 6:34

How many people do you know who have been hit by lightning; carjacked; robbed; etc. After Mendy was born I was losing sleep worrying about someone breaking into my house. One night I realized I knew several thousand people and not knew anybody who had a burglar come in the night.

When President Franklin Roosevelt contracted polio and was partially paralyzed, he never again had a peaceful nights' sleep. He was afraid the house would catch fire, and he would be burned alive. Of the hundreds of thousands of people he knew, I wonder how of their houses burned down while they slept?. His fear paralyzed him far more than the polio ever did.

6. Do What You Can

Worrying about a burglar; all I had to do was buy a Chihuahua. Those tiny terrors bark their heads off if somebody steps on your property And you cannot catch them or shut them up.

7. Think of the Worst Thing

"I can do *all things* through Christ who gives me the strength." (Philippians 4:11)

Tell yourself whatever it is, you and God together can handle it. But that is what Jesus did. He was not in their dirty hands of cruel people, He was God's hands. Good Mindy was around two years She had to have kidney surgery. As they were rolling down the hall I thoug I l ht I was going to die. Then God gave me a verse, "Underneath are the Everlasting Arms." (Dt. 33). She wasn't laying on the bed She was laying on the arms of God.

Read Philippians chapter one. Paul's friends were worried about him and he not to be. He said if I am that means I can come be of service to you, But if I am I'm just going to be with Jesus.

What can you do to a man like that? He cannot be bullied or bribed. He was just like Jesus the for he was crucified. Once we can say, "If I get cancer / if my child dies / etc., I will be crushed, but I will survive / I will go on, etc. you will find peace. See Next Week